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Nosebleed treatment and management instructions

Treatment Method: Nasal Caутery with Silver Nitrate or Electrocautery

1. Keep a fresh cotton ball in the treated nostril for several hours after treatment
2. **No Nose Blowing** for 48- 72 hours (Sniffing and dabbing are ok)
3. **Sneeze with your mouth open**
4. **Avoid strenuous activities** that raise the blood pressure for 48 hrs (athletics, heavy lifting, bending at the waist)
5. **Increase nasal humidification** 4-6 times per day by using over the counter products like Simply Saline, Ayr, and Ocean.
6. Gently apply Bacitracin or Saline Nasal Gel to the nasal septum over the cauterized site 2 times per day for 2 weeks.
7. Avoid trauma to the cauterized area by excessive rubbing or picking of the site with fingers, tissues or Q-tips
8. Use a humidifier in your bedroom especially during the winter months to increase the humidity of the room air.

Treatment Method: Nasal Packing (Vaseline Gauze or Merocel Sponge Pack)

1. **Keep nasal packing in place for 3 days**
2. **Expect clear to pink tinged nasal secretions** to appear. Your nose will continue to produce normal secretions that will build up around the packing. **Sneeze with your mouth open. Do not Blow the Nose.**
3. **Call the office or return to the ER if you develop active bright red bleeding around the packing.**
4. Avoid strenuous activities (lifting heavy objects, straining, bending over at the waist, and athletics) until the packing has been removed
5. Take all medications that have been prescribed.
6. Keep head and upper body slightly elevated rather than sleeping completely flat
7. Increase room humidification by using a humidifier

Remain calm if bleeding redevelops –Start the following:

1. Determine which side is actively bleeding by tipping the head forward over a tissue. The side that drips first is usually the problem side.
2. Stay upright with head slightly forward.
3. Pinch the soft portion of the nose between your thumb and index finger for **10 minutes by the clock !**
4. Recheck for bleeding. **If still actively dripping use 2 generous sprays of 12-hr Afrin Nasal Spray directly into the side that is bleeding and reapply 10 minutes of direct pressure for a 2nd time.**
5. If this fails to control the bleeding – **Call the Office @ 224-2353**